

# Meadowbrook

C O M M U N I T Y      C O M P L E X



~ **SUMMER 2003** ~

## **Swimming Pool**

10515 35th Ave. NE  
(206) 684-4989

## **Community Center**

10517 35th Ave. NE  
(206) 684-7522



**SEATTLE PARKS  
AND RECREATION**

[www.cityofseattle.net/parks](http://www.cityofseattle.net/parks)

## **Family Center**

10517 35th Ave. NE  
(206) 366-9256

## **Teen Annex**

10750 30th Ave. NE  
(206) 684-7523

# Meadowbrook

## COMMUNITY CENTER

10517 35th NE / Seattle, WA 98125  
(206) 684-7522 / Fax: (206) 684-4921

TDD only (206) 233-7061

Annex: 10750 30th NE / Seattle, WA 98125  
(206) 684-7523

### Hours of Operation

Monday, Wednesday, Friday ..... 1:00 pm – 9:00pm

Tuesday, Thursday ..... 10:00pm – 9:00pm

### Teen Program Hours

Monday – Friday ..... 2:30pm – 6:30pm

### Late Night Program Hours (Program held in the annex)

Friday – Saturday ..... 8:00pm – 12:00am

### Registration Begins

June 2, 2003

### Program Dates: June 23 – August 31

### Holiday Closures:

May 26 ..... Memorial Day

July 4 ..... Independence Day

September 1 ..... Labor Day

### Professional Staff

Ken Bounds ..... Superintendent

Christopher Williams ..... Division Director

Maureen O'Neil ..... NE Manager

Lee Bicknell ..... Center Coordinator

Pam Van De Weghe ..... Asst. Coordinator

Shannon Anderson ..... Teen Leader

Jim Cavitt ..... Rec. Attendant

Willie Mae Malbrough ..... Maintenance

Kris Mainz ..... Childcare Director

Joe Trahan ..... Rec. Attendant

*And a bunch of other terrific people!*



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## 2003 BUDGET: WHAT IT MEANS FOR YOUR COMMUNITY CENTER

The City of Seattle anticipates bringing in \$63 million less in revenues in 2003 than in 2002. This has resulted in almost \$5 million of budget cuts in Seattle Parks and Recreation. One reduction in the 2003 budget the City Council adopted on November 18 will mean your community center will be open fewer hours per week.

Beginning January 2, 2003, basic operating hours for the center will be 1 p.m. to 9 p.m.. Each center will also be open an additional six hours (to be determined) on weekday mornings, and will continue to be open 10 a.m. to 5 p.m. on Saturdays in the fall, winter and spring. The center is available beyond these hours on a pre-arranged fee basis.

# SPECIAL EVENTS

## Father's Day Social

Friday, June 13

6:30 pm

Paint a necktie on a t-shirt. T-shirts will be available for \$6.50 a piece or you can bring your own. Meadowbrook will supply fabric paints and pens to design the tie of your father's dreams. Please call one week in advance if you would like to purchase a t-shirt.



## Dinner and a Movie

1<sup>st</sup> Friday of the month  
6:30 – 8:30 pm

Pizza will be provided by Jet City Pizza!

Movies will be shown on the big screen in the gym, bring a pillow.

July 11

August 1

Sept. 5

Free  
\$2/pizza



Annie  
Atlantis: Milo's Return  
Stitch: The Movie

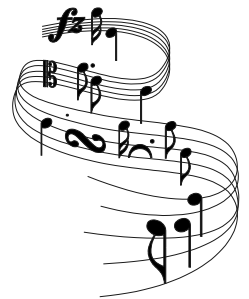
## Gary Stroutsos Flute Concert

July 25

7:00 pm

Donations are appreciated

Gary, a local neighbor, will share his talent at a concert at the Meadowbrook Pond. Gary has produced over ten albums and has been featured on NPR. This will be his third appearance at Meadowbrook. All are welcome to attend this evening of exceptional music.



## Carol Crowell Pond Concert

August 8 7:00 pm

Donations are appreciated

Carol Crowell will be playing a collection of popular tunes on her flute. She has been playing since childhood, when she started by playing the coke bottle in the back of her father's car. She progressed on to flute lessons and was a dedicated student who practiced regardless of her brother's protest. She studied with Myung Kim and played in the University of Washington's Symphony. Carol offers flute lessons at the community center.



## Obon Matsuri Concert

Friday, August 15

Donations are appreciated

The Meadowbrook Community Center will offer the 3<sup>rd</sup> annual Obon Matsuri Concert. There will be a variety of demonstrations of Japanese cultural arts. This program is open to the whole family and will be held in the Meadowbrook Gym.



## End of Summer Bash

Friday, August 22

Free

6:00 pm – 8:30 pm

Join us for an end of summer celebration. Swimming, live music and entertainment, dancing... the works! We'll provide the entertainment and the barbequed hotdogs, hamburgers, chips and beverages. You provide the community spirit and pitch in by volunteering and just enjoying the day! It's fun for the whole family.



## Flea Market

Saturday, June 14

9:30 am – 3 pm

Proceeds go the Meadowbrook Playground renovation project. Rent a table for \$12.

You keep any profits and table fee goes to purchase playground equipment

Call 684 – 7522 for more information  
or stop by to reserve your table.

Make some extra cash and at the same time  
help Meadowbrook's Playground fund!



# PRESCHOOL PROGRAMS

## Meadowbrook Preschool

Frogs 3 ½ - 5 yr. olds

M/W/F 9:00 – noon

Sept./Dec. \$130; Oct./Nov. \$160

Tadpoles 2 ½ – 3 ½ yr. Olds

T/Th 10 – noon

Sept./Dec. \$80; Oct./Nov. \$90

Our preschool stresses the importance of play and socialization as tools for learning. Academics will be introduced and reinforced while your child explores how to make friends and communicate his/her needs. Your child will experience nature, art, science, outdoor play, story time, music and drama.

Instructor: Angelica Gomez/Erica Everts

**There is a \$30 non-refundable deposit for Fall Quarter. Registration for Fall begins April 29.**

## Tuesday Sports Extravaganza

Let our fabulous instructor, Carlee Ragsdale, teach your child the basics of the sport. Children will have the opportunity to practice their skills through simple drills and creative games. The emphasis of the class is having fun and learning to work with others.

**Session 1: Tuesdays, June 10-July 1**

**Session 2: Wednesdays, July 9-July 30**

**Cost \$20**

**Tiny T-Ball 12:30 – 1:15 3-4yr. olds**

**Tiny T-Ball 1:15 – 2:00 4-5yr. olds**

**Tiny Hoopstars 2:00 – 2:45 3-4yr. olds**

**Tiny Hoopstars 2:45 – 3:30 4-5yr. olds**

**Tiny Soccer 3:30 – 4:15 3-4yr. olds**

**Tiny Soccer 4:15 – 5:00 4-5yr. olds**

## Mom's Morning OFF

**Ages 3 ½ - 5 ½ \$70 per day of the week per session**

**9:00 am – 12:00 pm**

**Session 1**

**June 2 – June 27**

**Session 2**

**July 7 – August 1**

\*A shorter session may occur in August if there is a demand. If you are interested in participating in a program during August, please leave your name at the front desk.

Enjoy 3 hours of fun filled time at the Meadowbrook Community Center. Our instructor, Carlee Ragsdale, will entertain your child while you are able to run errands or enjoy the solitude of your home. Each day will contain a variety of activities although the overall emphasis will be on one of the specific activity titles below. The focus of the class is to encourage group play, and to develop skills through the use of songs, games, and stories.

**Monday**

**Arts and crafts**

**Tuesday**

**Sports**

**Wednesday**

**Performing Arts**

**Thursday**

**Fun in the kitchen**

**Friday**

**Environment/ Imagination Station**

## Creative Dance

**Creative Dance I**

**3 - 4 yr. Olds**

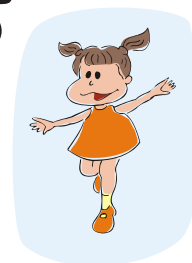
**\$48**

**Tuesdays**

**3:30 – 4:15**

**June 24 – August 12**

The joy of dance is primary in this course. Through fantasy and games, the children will learn basic movement skills and vocabulary such as hopping, leaping, gliding, and stretching just to name a few. Children will be encouraged to work as a team and make individual choices in their expressive movement. Wear comfortable close fitting clothes and gym or ballet slippers or no slip socks. Parents and friends are invited to join us for a demonstration/ performance on the last day of class. Instructor: Chloe Davenport



## Princess Jasmine and the Arabian Knights

**Ages 3 – 5**

**\$35**

**Mondays**

**1:45 – 3:15**

**Session 1: June 2-June 23; Session: 2 July 7-July 28**

Learn to dance like the Arabians in *Aladin*. Each day will start off with a story on the magic carpet followed by belly dancing with scarves. The last day we will perform for the sultan.

## Pre-Modern Dance

**Ages 5 – 6**

**\$48**

**Tuesday**

**4:15 pm – 5:00 pm**

**June 24 – August 12**

While fantasy and creativity are still at the root of this class, rhythmic and energetic modern dance exercises will help strengthen and stretch our bodies. Movement concepts such as space, force and rhythm will be explored through games that develop creativity. We will also learn specific dances to enhance our new understanding of those movement concepts. Children should wear a leotard and footless tights of any color and have their hair pulled out of their faces. Parents and friends are invited to join us for a demonstration/performance on the last day of class. Instructor: Chloe Davenport

## Mad Scientist

Did you know that you can use Lemon juice to create invisible ink? Vinegar and Baking Soda will help to create a lava flow. Our instructor will help spark the Einstein in your child. The class will include a mini-science kit for your child to take home.



**Mondays**

**12:30 – 1:30**

**Session 1: June 2-June 23; Session 2: July 7-July 28**

**Ages 4 – 6**

**\$25 + \$5 supply fee**



# YOUTH ARTS

## The Magical World of Make Believe

Ages 6 – 10

Tuesdays

Session 1

\$45 + \$25 supply fee

1:00 – 4:00

7/9 – 7/30

Make fairies, have a tea party, dance the day away. Each day there will be a new theme to help your child to explore their imagination. Your child will come home with a new treasure each week whether it is a fairy, a magic wand, or a new piece of art work. Instructor: Carlee Ragsdale.

Min 6 / Max 10



## Kid's in the Kitchen

Ages 6 – 10

Thursdays

Session 1

\$40

1:00 – 2:30

7/11 – 8/1

Does your child like to experiment in the kitchen? Let our instructor help him or her to create special treats, which they can easily make at home. The best part is, you don't have to clean up (at least not until they want to try it at home)! Instructor Carlee Ragsdale.

Min 6/ Max 10



Encourage your  
child's imagination  
and creativity with  
our fun classes!

## Einstein At Work

Ages 6 -10

Fridays

Session 1

\$45 + \$25 supply fee

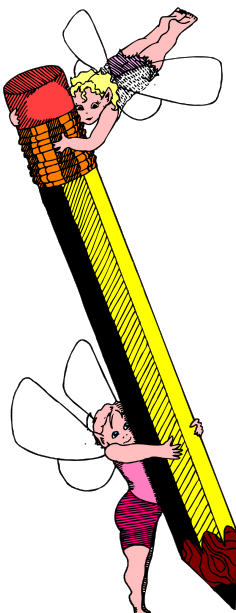
1:00 – 4:00

July 10 – July 31

Let your little Einstein's make a mess with experiments in our laboratory. They will explore the magic of pH, the mysteries of pond water, and go on a bug hunt. Keep your child's mind active this summer and let them explore just how fun learning can really be.

Instructor: Carlee Ragsdale.

Min 6/ Max 10



## Creative Writing "Create Amazing fiction out of your everyday life!"

Ages 8 – 11

Wednesdays 4 – 5:30pm

July 2 – August 20

\$75

Sure cleaning your room can be boring but who says fiction about cleaning your room has to be boring too? What adventure could be hiding with the dust bunnies under your bed or in your head? We will be writing with all five of our senses in a fun, interactive environment that will take us to places far beyond a writer's desk. Who knew that a game of "kick-the-can" could lead to an epic historical novel or a moving sonnet? Students will turn the ordinary upside down to create original works of fiction, while becoming familiar with the genres of fiction and literary terms.

Instructor: Jessica Reuling

Min 6 / Max 12

# CHILDCARE/CLASSES

## Meadowbrook Out-Of-School Experience (MOOSE)

5 - 12 yr. Olds

Monday – Friday

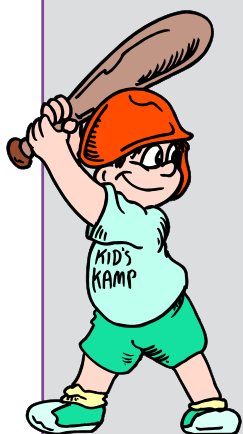
Fun, creative, and safe! This before and after school program is filled with activities. Instead of staying home, come join us for games, arts and crafts and indoor and outdoor sports.

The Seattle Parks Department in conjunction with community center Advisory Councils has set a standardized fee for all childcare programs at Seattle Parks Department sites. The fee includes all early dismissal and teacher in-service days, week long camps will be an additional fee. The prices have been set by administration to allow for a competitive rate as well as keeping our programs financially stable.

If you have a child under the age of 8 years, you will need to provide the community center with a booster seat to transport your child.



	AM Care 7 – 9 am	PM Care 3 – 6 pm
5 days/week	\$175	\$230
4 days/week	\$172	\$220
3 days/week	\$129	\$165
2 days/week	\$86	\$110
1 day/week	\$43	\$55



## SUMMER DAY CAMPS

Meadowbrook Community Center will be operating three day camp facilities this summer. Registration for all camps will take place at the same time and all payments for camp will be made at Meadowbrook Community Center. All camps require a \$25 non-refundable deposit per week and payment in-full for the first week at time of registration. The remaining balances are due 14 days before the start of each week reserved. All campers must have an updated and complete medical authorization/permission slip on file at the complex. Pick up your registration and information packet after March 24<sup>th</sup>. Hurry and register, space is limited. Transportation to satellite camps will be available for children over 6 years of age and 60 lbs. who arrive before 9:00am.

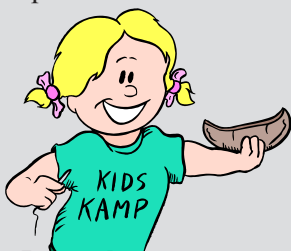
Registration for new campers will begin April 15 at 6:00pm.



### Summer Day Camp at Meadowbrook

Grades 1 – 4 \$125  
Monday – Friday 7:00 am – 6:00 pm

Excited about school getting out? Looking for a summer to remember? Meadowbrook is offering a great camp for kids (grades 1 – 4). Weeks are packed with fun, exciting activities that follow themes. Activities include field trips, arts & crafts, swimming, beach trips, camp overnight, games & sports.



### Summer Day Camp at Pinehurst

12029 14<sup>th</sup> Ave NE  
Grades 4 – 6 \$125  
Monday – Friday 7:00 am – 6:00 pm

Pinehurst offers a wide array of activities; a large field and outdoor basketball courts in a neighborhood setting make it an ideal place for youth to spend their day. Campers will be taken on weekly field trips, participate in sports & games, go swimming and have arts & craft projects.

### Middle School Camp at the ANNEX

Grades 6 – 8 \$125  
Monday – Friday 7:00 am – 6:00 pm

Teen Camp will offer field trips, sports, arts & crafts and more. Held at the Meadowbrook Annex, the teens have their own space for the summer!

# YOUTH DANCE & MUSIC

## African Drumming

Tuesday  
8 and older

May 27 – July 1; July 8 – August 26

Come learn rhythms of Senegal, Guinea, and Mali with Ibrahima Camara, who has been teaching for over 25 years. His classes educate students about the relationship between rhythms and movements, emphasizing how to hear the different parts of rhythms, the body movements with which they are associated and the accurate timing of their integration.

**Instructor: Ibrahima Camara**

6:00 – 7:00 pm  
\$45



## Stringed Instruments Private lessons

Day and time to be arranged with instructor

8 thirty minute classes per session

\$115/youth; \$123/adult

Meadowbrook staff member Wes Weddell, a performing musician in his 'spare time', will offer private instrument lessons for guitar (most styles), bass, mandolin, banjo, and other stringed instruments (make an offer...). Students should have their own instruments. Contact Wes or the front desk for suggestions or to arrange lessons.

## Flute Lessons

Monday 3:30 pm – 7:00 pm

8 thirty minute classes per session

\$115/youth; \$123/adult

Private flute lessons for ages 5 and up. These lessons help explain the music principals of playing the flute. Private lessons give individuals a lot of attention and positive feedback in a comfortable setting. Whether you are in a band or symphony or just want to enjoy playing the flute, these lessons can enrich your musical experience. Scales and songs will be taught. 8 classes per session.

**Instructor: Carol Crowell**



## Piano Lessons

Tuesday or Friday

\$115/youth; \$123/adult

3:30 – 7:00 pm



Private piano lessons for ages 5 and up. These lessons are individually tailored to each student's needs and level. Classes are 30 minutes long and can be registered for by calling 206-684-7522 or signing up at the front desk. Eight classes per session.

**Instructor: Jeff Pettijohn**

## Chloe's School of Dance



## Pre-Modern Dance

Ages 5 – 6

Tuesday

June 24 – August 12

\$48  
4:15 pm – 5:00 pm

While fantasy and creativity are still at the root of this class, rhythmic and energetic modern dance exercises will help strengthen and stretch our bodies. Movement concepts such as space, force and rhythm will be explored through games that develop creativity. We will also learn specific dances to enhance our new understanding of those movement concepts. Children should wear a leotard and footless tights of any color and have their hair pulled out of their faces. Parents and friends are invited to join us for a demonstration/performance on the last day of class.

**Instructor: Chloe Davenport**

## Modern Dance I

Ages 7 – 11

Tuesday

April 14 – June 16

\$60  
5:00 pm – 6:00 pm

Do you love creative movement? Then you will love this Modern Dance class too! We will train our bodies to be long and strong while exploring space, force, and rhythm in movement. This class will also feature a wide variety of music. Children should wear a leotard and footless tights of any color and have their hair pulled out of their faces. Parents and friends are invited to join us for a demonstration/performance on the last day of class.

**Instructor: Chloe Davenport**

## Ballet 2

Ages 8 – 12

Tuesday

June 24 – August 12

\$54  
6:00 pm – 7:00 pm

This class is for kids who have finished a year or more of Ballet and/or instructor permission. Students will continue to develop skills at the barre and center-work as well as their expressive abilities through creative/compositional assignments. Class uniform for girls is tights, leotard, and pink ballet slippers. Hair should be pulled back off the face and in a bun, if possible. Parents and friends are invited to join us for a demonstration/performance on Monday March 31.



# YOUTH SPORTS



Learn Teamwork,  
Sportsmanship  
and HAVE FUN  
at the Same Time!

## Coach Pitch Baseball

Ages 7-9

Registration begins May 27

Practice times TBA

Games are on Friday evenings beginning the 2<sup>nd</sup> week of July. Play baseball but with a softer ball made of cloth. Focus is on teamwork and having fun. Parental participation is welcomed and encouraged. T-shirt and cap included.

Age determined as of 6/23/03.

**VOLUNTEER COACHES NEEDED!**

\$35

## Tennis Lessons

Ages 6- 17

\$45

Each Session is two weeks, meeting Monday – Thursday with rain make – ups on Friday.

Session 1 June 23 – July 3

Session 2 July 7 – July 17

Session 3 July 21 – July 31

Session 4 August 4 –August 14

Times:

9:00 – 9:45

10:00 – 10:45

11:00 – 11:45

12:00 -12:45

10 & Under Adv. Beg./ Inter.

10 & Over Beg. / Adv. Beg.

10 & Under Beg. / Adv. Beg.

10 & Over Adv. Beg. / Inter.

Scott Daniel will be returning this year as the Meadowbrook Tennis instructor and coach. Scott has received his USPTA certification as a Pro Instructor. He has been playing tennis for the last 25 years and is competitive in the Pacific Northwest.

Min 5 / Max 8

## Tennis Team

\$130

Starts June 23rd

12 & Under 1:15- 2:15

12 & Over 2:15 – 3:15

If your Child is playing at the Advanced Beginner/ Intermediate level, than they can sign up for the Summer Tennis League. Students will learn the basics of competitive play as well as participate in matches. Practice is Monday – Thursday with matches on Friday.

Min 10 / Max 25



## 3 on 3 Tournament

Ages 12 - 18

June 20th

Register by May 30

2:30 – 6:00 pm

\$15 a team

The divisions will be divided up based on number of registrations.

**There will be a free barbeque following the event!**

## Introductory Karate

Ages 7 & up

Mon/Wed

July 2 – July 28

July 30 – August 25

August 27 – September 24

Learn the practice of Karate, which builds stamina, tones the body, quickens the reflexes, and develops the mind and body coordination. After every class, a challenge hour is offered 7:30 – 8:30 pm. All sessions offer an optional “challenge only” class held on Fridays from 7:00 – 9:00 pm at an additional \$8 a session. Instructor Nihad Khalef

\$22/youth/\$30 adult

6:30 – 7:30

## Indoor Nerf Soccer

Ages 5 – 6

\$30

Registration begins August 25

Practices begin September 8

Nerf soccer is a modified soccer game played in the gym. This recreational and instructional program for boys and girls emphasizes fundamental soccer skills.

Games will be held on Fridays at Meadowbrook or Laurelhurst. Fee includes a team T-Shirt.

**VOLUNTEER COACHES NEEDED!**



## T-Ball

Ages 5 – 6

\$35

Registration begins May 27

Practice times TBA

Games are on Saturday mornings beginning the 2<sup>nd</sup> week in July

Hit the ball, run the bases, and slide into home plate. Be a terrific T-Baller! We will focus on having fun. Parental participation is welcomed and encouraged. T-shirt and cap included. The season will end with a family picnic.

Age determined as of 6/23/03.

**VOLUNTEER COACHES NEEDED!**



Like Kids? Like Sports?  
Volunteer to be a coach!!



# TEEN PROGRAMS

Ages 12-18

**Monday/Wednesday 1:00 – 4:00 pm • Dahl Field • 7700 25th Ave. N.E.**

**Monday – Friday 6:00 – 9:00 pm • Meadowbrook Annex (Located next to Nathan Hale)  
10750 30<sup>th</sup> NE • 206-684-7523**

For many, many years the City of Seattle youth workers and families have requested more services for teens. Now, thanks to your support we have twenty seven Teen Development Leaders. Our goals are to provide teens across the city with quality teen programs, choices and opportunities.

As leaders we have established six core program areas that each community center Teen Program is focused on enhancing.

- *Environmental Education and Stewardship*
- *Arts and Cultures*
- *Life Skills and Job Readiness*
- *Social Recreation*
- *Citizenship and Leadership Development*
- *Sports and Fitness*

## And One 3 on 3 Field Trip

**June 6<sup>th</sup> 5:00 pm – 10:00 pm**      **Cost \$15 a Team**  
Transportation provided to the Tacoma Dome for the And One 3 on 3 Tournament. Payment, yellow permission slips must be filled out in advance.

## Teen Life Center Three on Three Fundraiser and Barbecue

**Event happens Friday June 20<sup>th</sup> from 2:30-6:00 pm.**  
**Tournament sign-ups begin May 1<sup>st</sup>.**  
The barbeque will also be followed by a Late Night Dance with hosted by Titan Entertainment.

## Rafting Trips down the Wenatchee

**July 16<sup>th</sup>**      **Cost \$25.00**

## Wild Waves Field Trip

**July 23<sup>rd</sup>**      **Cost \$8.00**  
It's summer time and we're going back to Wild Waves. The 8 bucks pays for your ticket so bring lunch money or a lunch. Permission slips and payment must be done in advance.

## Skate Park Field Trips

Every third Thursday of the month Meadowbrook Teen Programs will be visiting one of Seattle's local Skate Parks. Bring your own board or skates. Permission slips must be turned in to participate.

## Jujutsu

**Day and time TBA**      **Cost \$30.00**  
This entry-level combative arts class will serve as an introduction to the combative way known as Daito Ryu Aiki-jujutsu, the classical precursor to the modern art of Aikido. It will focus on basic body movement, striking, kicking, rolling, falls, defensive tactics and introductory grappling. Emphasis in the class will be based on principal driven movement training. No testing or ranking will be offered in this class.

## Environmental Education and Stewardship Opportunities

Meadowbrook Teen Programs will be offering environmental opportunities for school credit as well as for teens just interested in the preservation of their community.

### Upcoming Events:

- Rafting Field Trip
- Meadowbrook Bowling League
- Ping Pong Tournaments
- 9 Ball Pool Tournament



## Late Night Recreation

**Friday/Saturday • 8:00 PM - 12:00 AM • Free**

The goal of the Late Night Program is to provide positive alternatives to alcohol, drugs, gangs and other unsuitable activities. This goal is accomplished by providing fun intercultural activities such as inner city outings, ethnic dances and arts and crafts. Athletic events and activities and a variety of other valuable educational opportunities are also featured. The Late Night program is open to anyone interested in making a positive change in themselves and in their community. Experience a typical Late Night weekend at the Meadowbrook Recreational Complex Annex. Just bring your imagination, your smile and friends and enjoy the unique, ever-changing blend of fun! Ages 13-19 years.

# ADULT CLASSES

## African Drumming

**Tuesday** \$45  
**6:00 – 7:00 pm** 8 and older  
**May 27 – July 1 – July 8 – August 26**

Come learn rhythms of Senegal, Guinea, and Mali with Ibrahima Camarq, who has been teaching for over 25 years. His classes educate students about the relationship between rhythms and movements, emphasizing how to hear the different parts of rhythms, the body movements with which they are associated and the accurate timing of their integration. Instructor Ibrahima Camara.

## Intro To Personal Fitness \$10

### Required for Fitness Room

<b>Wednesday</b>	<b>May 28</b>	<b>7:30 pm</b>
<b>Monday</b>	<b>June 9</b>	<b>7:30 pm</b>
<b>Monday</b>	<b>June 16</b>	<b>11:30 am</b>
<b>Wednesday</b>	<b>July 2</b>	<b>11:30 am</b>
<b>Monday</b>	<b>July 7</b>	<b>7:30 pm</b>
<b>Wednesday</b>	<b>July 30</b>	<b>7:30 pm</b>
<b>Monday</b>	<b>Aug. 11</b>	<b>7:30 pm</b>
<b>Wednesday</b>	<b>Aug. 13</b>	<b>11:30 am</b>
<b>Wednesday</b>	<b>Sept. 3</b>	<b>11:30 am</b>
<b>Monday</b>	<b>Sept. 8</b>	<b>7:30 pm</b>
<b>Thursday</b>	<b>Sept. 25</b>	<b>7:30 pm</b>

Learn to use our fitness equipment safely and effectively, plus learn how to properly warm-up exercise and stretch. Then design a training program tailored to your fitness level and goals with the help of our fitness expert. This orientation is valid for one year prior to initial use of Fitness Room. As classes fill, we do add more dates and times. If none of these dates or times work for you, please ask the front desk to schedule you a private or semi-private class (\$35 private) **Instructor: Kathy Batson**

## Meadowbrook Fitness Room

### Weight Room Hours:

**Mon/Wed/Fri\*** 9:15 am – 8:45 pm  
**Tuesday/Thursday** 10:00 am – 8:45 pm

### Fitness Room Pass:

**Month pass** \$15  
**10 punch (good for 3 months)** \$15  
**Fitness Room Drop-In Fee:** \$2

Make Meadowbrook Recreation Complex your personal gym! The "Fitness Pass" allows you to enjoy unlimited access to our weight room and its state of the art equipment. Passes are valid from the date of purchase and are non-transferable and non-refundable.

**Participants must complete the "introduction to Personal Fitness" course, present the pass and sign in prior to entering the fitness room. Participants must be 18 years or older to use the room or be 16 and have a parent with them.**

**\*Must have a card to enter before 1:00 pm on M/W/F.**

## Open Gym

<b>Mon/Wed</b>	<b>Volleyball</b>	<b>6:30 – 8:45 pm</b>
<b>Tues</b>	<b>Basketball</b>	<b>6:30 – 8:45 pm</b>
<b>Thursday</b>	<b>Basketball</b>	<b>1:00 – 2:30 pm</b>

## Introductory Karate

**Ages 7 & up**

**Mon/Wed** \$22/youth  
**6:30 – 7:30 pm** \$30/adult

**July 2 – July 28**

**July 30 – August 25**

**August 27 – September 24**

Learn the practice of Karate, which builds stamina, tones the body, quickens the reflexes, and develops the mind and body coordination. After every class, a challenge hour is offered 7:30 – 8:30 pm. All sessions offer an optional "challenge only" class held on Fridays from 7:00 – 9:00 pm at an additional \$8 a session. Instructor Nihad Khalef

## Yoga for Everyone

**Tuesday or Thursday** \$30/Adult  
**6:30 pm – 7:30 pm** \$24/Sr

**Session 1: July 8 – August 12**

**Session 2: July 10 – August 14**

**Session 3: August 19 – September 23**

**Session 4: August 21 – September 25**

Our Hatha Yoga instructor has studied yoga for 10 years. This class includes stretching, meditation, and toning of the body. Wear loose, comfortable clothing. Instructor George Hoder

## Prenatal Yoga

**\$65**

**Tuesday, July 8 – August 16** 9:30 am

Prenatal-Women only. Anyone expecting a baby can be in 1st-3rd trimester.

Mother's to be, take time for yourself. Help relieve physical pains, emotional stress and mental chatter through yoga. Prepare for labor, birth and motherhood through physical postures, breathing techniques, and meditation. Please bring 1-2 blankets, mats.

Min 6 / Max 12

## Postnatal Yoga

**\$65**

**Tuesday, July 8 – August 16** 10:45 am – 12:15 pm

Postnatal moms and babies (no age too young or too old for child).

Moms and babies come together to do yoga. Postnatal poses to strengthen, restore and revitalize your body. Take time to find the power and relaxation your body needs. Babies get to socialize, Moms get to exercise. Both of you have a good time. Please bring 1-2 blankets and mat, toys, carrier, blankets, etc. for baby.

Min 6 / Max 12

# ADULT CLASSES



## Jazzercise

Classes Ongoing

Mon/Wed/Fri 9:15 – 10:15 am

Adult/Senior

Unlimited month \$47.50/\$32.50

15 punch \$62.50/\$47.50

5 Punch \$22.50/\$17.50

This dance fitness class is designed to accommodate all fitness levels. Exercise to the latest music and great oldies...there is something for everyone! Bring your own mat for floor work: hand/leg weights are optional. Class uses a punch card.

Instructor: Madelaine Jensen

## NIA Movement

(Neuromuscular Integrative Action)

Tuesday and Thursday 6-7 pm

\$50

Session 1: July 8 – July 31

Session 2: August 5 – August 28

NIA is a holistic movement program offering an alternative approach to health and fitness, blending Eastern and Western movement concepts and theories. The movements learned enhance flexibility, coordination and strength. NIA is a combination of modern dance, yoga, Tai Chi, Tae Kwon Do, Aikido, Jazz and ethnic dance which provides a fun, well balanced fitness modality that leaves the body, mind and spirit wanting to come back for more. Instructor: Erin Storey



Time to Get Fit?  
Join a Class!!

## Adult Tennis Lessons

\$45 Senior/\$53adult

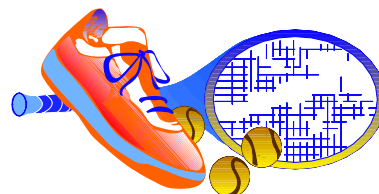
June 23 – July 16

July 21 – August 13

Monday/Wednesday

Beginners 6:00 – 6:45; Intermediate 6:45 – 7:30

Scott Daniel will be returning to teach our Spring and Summer lessons. He has been playing tennis for the last 25 years and is competitive in the Pacific Northwest. He was a doubles semi-finalist in High School.



## Badminton

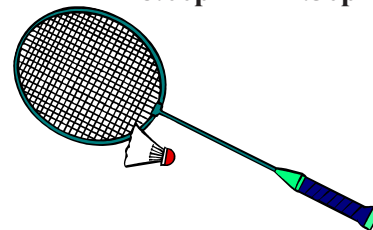
Fri/Saturday

Meadowbrook Annex

Drop-in \$3.00

10 punch card \$25

8:00pm – 11:30pm



## Table Tennis

Saturday 4:00 – 7:00 pm

Meadowbrook Annex

Join the Mountlake Table Tennis for an afternoon of fun. Several tables will be set up but please bring your own paddles and balls.

## Alternative to Toxins – Green

Session 1: June 30, 7:00 – 8:30

Session 2: July 23, 6:30 – 8:00

Did you know the average home may contain as many as 60 household hazardous chemicals? Discover which four simple words currently listed on products can help you shop for less hazardous cleaning and lawn care products. Attend this class and learn which products may be most hazardous to your health and our environment. Information about safer alternatives will also be shared. Attend this class and discover how to receive your own Free Green Home Kit. Pre-registration required.

## French Lessons

\$135

Mondays 7:00 – 9:00pm

June 11 – August 27

Learn to develop basic conversational skills. We will start with the alphabet, French pronunciation, grammar structure, vocabulary build up and will end with you being able to converse in typical day to day “tete a tete” (conversation). Teacher is a native speaker.

Min 10 / Max 15

# SENIOR ADULT PROGRAMS

## N.E. REGISTRATION INFORMATION

### CLASSES / SPECIAL EVENTS

Jayla McGill, Recreation Specialist

(206) 386-9106

**Spring Quarter Dates:** July 7 – September 19 (11 weeks)

**No Classes:** July 4, September 1

**Make-Ups:** We encourage you to make up cancelled or holiday-missed classes at any other site in the city. Please inform the instructor you're making up the class.

**NE Class Registration:** "All" class/workshop registrations will take place by phone, or mail, using the form in this brochure. State the site/class/date you are paying for with your check. *Please don't mail checks prior to June 23rd.* Do NOT register for trips by mail – they're "Phone-In" only. Also, please phone-in cooking and floral design class registrations. Class and trip dates/times are subject to change.

**All Class Payments:** Checks payable to: "SAAC",

and mail to: Senior Adult Programs, Att: Jayla  
8061 Densmore Ave. North, Seattle, WA 98103.

**NOTE:** "Session Fee" covers the cost of 1 day per week for the quarter

## FALL PLANNING MEETING

Your input is desired to provide the best possible programming. Bring your ideas for trips, walks, classes, workshops & special events. Refreshments served.

July 1      Tues      10:00-11:00 am      Meadowbrook

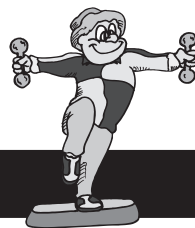
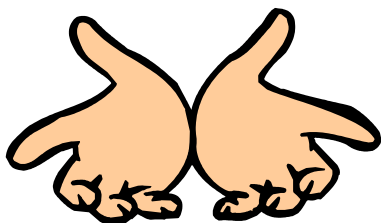
## HELPING HANDS

An opportunity to give back to our wonderful Seattle Parks. Simple, 1-hour, non-strenuous work/socialize at one of our neighborhood parks. Bring a sack lunch; coffee/treats provided. **Pre-register specifying dates you'll come & to get pick-up time, 386-9106.**

Van Pick-Up at Meadowbrook.

July 24, Aug. 7, Sept. 4

Thursdays      10:00-1:00 pm



## FITNESS



### SUMMER WALK & TONE

**\$18-1day week**

Enjoy a new summer fitness opportunity! 30 minutes of outdoor walking (throughout the neighborhood) for cardio-vascular, followed by 30 minutes of stretching & strengthening with bands. Dress for the weather. Thurs class will also include mat work with exercise balls.

C. Lorenz	Tues	10:00 am	Meadowbrook
C. Lorenz	Thurs	10:00 am	Meadowbrook

### YOGA & MEDITATION

**\$22-1 day week**

Gentle stretching to keep limber and build muscles. All skill/fitness levels welcome.

H. Smith	Wed	9:00 am	Meadowbrook
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### PICKLEBALL

**Free**

Enjoy this fun, easy to learn sport. New games must begin at least 10 minutes before the time ends, no later.

Thursdays	10:00 am-11:55 am	Meadowbrook
Thursdays/Beginning	12:05-2 pm	Meadowbrook



# SENIOR ADULT PROGRAMS

## TRIPS & OUTINGS



### TRIP REGISTRATION INFORMATION

*\*PAYMENT must be received 5 working days PRIOR to departure.*

**\*MAKE CHECKS PAYABLE TO:** S A A C

**\*MAIL CHECKS TO:** Senior Programs, Att: Jayla, 8061 Densmore Ave. N., Seattle, WA 98103

**Trip Registration:** Register by calling 386-9106 at 8:00 am on the date listed under each trip. You may sign up yourself and one other person. Trip dates, times and destinations are subject to change. When you call, leave your name, phone number, trip name & pick-up site. You'll ONLY be called back if you're on the Wait List. **Don't use "mail-in" form. Phone In Only for Trips.**

**South Bound Trips:** Leave Meadowbrook 30 minutes before trip time.

**North Bound Trips:** Leave Meadowbrook at trip time.

### Registrations Begin At 8:00 a.m.

#### **CEDAR RIVER WATERSHED \$6.50**

3 Hour interpretive journey by bus and by foot into the protected watershed, the source of 70% of the Seattle area's drinking water; see Masonry Dam, Chester Morris Lake, Historic Cedar Falls. Bring a sack lunch.

July 17 (Thur) (S-Bound) 9:15-3:00 pm **Reg: June 26**

#### **NORTH KITSAP ARTS FESTIVAL \$10.00**

Port Gamble's 44<sup>th</sup> Annual festival features art, sculpture & photography shows; crafts, entertainment and food booths—all set in this historic town. Includes Ferry fees. Lunch on your own.

July 25 (Fri) (N-Bound) 8:45-4:15 pm **Reg: July 3**

#### **LINE DANCIN' at the SEATTLE CENTER \$3.50**

Don those eye-poppin' western duds & we'll mosey on down to the Center House where we'll line dance our socks off; followed by lunch & socializing on your own. Feel free to stay for the live-band senior ballroom dance which follows, from 1:00-3:00 pm.

July 28 (S-Bound) 10:00-2:00 pm **Reg: July 10**

#### **CORNWALL PARK \$6.50**

This quiet refuge in Bellingham has been a park since it was donated in 1909 by the Cornwall family. Paved/gravel, 1.5 mile path, plus another mile of dirt trails—flat to moderate. Bring a sack lunch.

Aug 4 (N-Bound)

9:00-3:00 pm

**Reg: July 18**

#### **GARDEN SANDWICH \$5.50**

Guided tours of Kubota Gardens in the morning, and the Chinese Gardens on campus of SSCC in the afternoon, with lunch (on your own) in between at the Culinary Arts School.

Aug 11 (S-Bound) 9:15-2:15 pm **Reg: July 24**

#### **SNOQUALMIE FALLS FOREST THEATER \$4.50**

"Only A Farmer's Daughter" presented in an awesome outdoor setting. Classic vaudeville melodrama where the villain performs his dastardly deeds to marry the farmer's daughter. With music, dance & sing-a-longs. \$11.00 admission due day of trip. Bring a cushion for seating or rent one. Dress for the weather.

Aug 24 (Sun) (S-Bound) 2:00-6:00 pm **Reg: Aug. 7**

#### **EVERGREEN STATE FAIR \$5.50**

Pigs Are Flyin' at the Monroe Fair this year! Don't miss the fun! \$6 admission on trip day (discount tickets available); lunch on your own.

Aug 29 (Fri) (N-Bound) 9:00-3:00 pm **Reg: Aug. 14**

#### **VASHON JAUNT \$9.50**

On this delightful outing we'll tour the Russian Orthodox Monastery and the Point Robinson Lighthouse; lunch on own in town; tours & ferry fees included.


Sept 8 (S-Bound) 9:00-4:00 pm **Reg: Aug. 21**

#### **MOUNT RAINIER JAUNT \$10.50**

Nisqually Vista Trail at Paradise, 1.2 miles of paved level walk. Enjoy excellent views of Mt. Rainier and the Nisqually Glacier on this walk; visit the Henry M. Jackson Memorial Visitor Center; bring sack lunch or dine at the Grill (on your own). Bring Golden Age Passes.

Sept 15 (S-Bound) 8:00-5:00 pm **Reg: Aug 28**

## Community Center Registration Instructions

 Mail registration to 10517 35th Ave. NE, Seattle, WA 98125. Registration must include a check/money order payable to Meadowbrook Advisory Council or Credit Card information. Mail-in registration must be postmarked after May 30 to be accepted. In person registration, for the remaining spaces, will begin June 2 and will continue during the centers scheduled operating hours. A minimum number of students may be required for all classes. Programs may be combined or cancelled if minimum enrollment is not met.

- Mail-in registration is processed as received according to City Department of Finance guidelines and class enrollment is limited. Please note your first and second class choices on forms to facilitate processing should your first class selection be filled.
- We are unable to process changes to your request until after walk-in registration.
- Please fill out Registration Form completely and neatly. Be sure to include your address and phone number.
- Confirmation will be made by phone at least 4 days prior to first class.

## Meadowbrook Community Center Mail-In Registration Form

May 30 Postmark Dates

Participant's Name	M/F	Birthdate	Class Name	Day	Time	Fee
<b>Total:</b>						

Credit Card: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ / \_\_\_\_\_

Signature: \_\_\_\_\_

I am paying by: ☐ Check ☐ Visa ☐ Mastercard

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Phone (day): \_\_\_\_\_ (night): \_\_\_\_\_ (Emergency): \_\_\_\_\_

I hereby give my consent for the above named participant(s) in the program(s) listed above being conducted by the Meadowbrook Community Center and declare that I will not hold the City of Seattle, Department of Parks and Recreation, the Department's employees, Advisory Council, or any volunteer associated with the program responsible for any injuries, damage or personal loss incurred while participating in said program(s). The undersigned and the above-named participant(s) are aware that safety regulations are applicable to the above program(s) and hereby agree to comply with such regulations and all directions of instructors and/or personnel in charge of the program(s).

Signature (parent or guardian): \_\_\_\_\_ Printed Name: \_\_\_\_\_

Relationship: \_\_\_\_\_ Date: \_\_\_\_\_

# BASIC INFORMATION

## Fees and Charges

The Meadowbrook Advisory Council provides the programs listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the costs of these programs. A recreation participation fee of 1.6% will be included in all fees listed for youth, adult and senior classes. Fees are also paid to the Department for each adult athletic game, youth practice, and youth game to offset the overall operational expenses. Some fees include business and occupation taxes in accordance with the State Tax Code.

## Refund Policy

It is the policy of the Seattle Department of Parks and Recreation and the Associated Recreation Council to make a full refund to participants who register for a program that is cancelled by the Department or Advisory Council for any reason. If a participant drops a class or program for which he or she is registered prior to the second session of a series (or one business day before a one-day class), the prorated class fee plus a service charge of \$5.00 or 10%, whichever is greater, will be retained. This service charge is to offset the Department or Advisory Council cost in handling the refund. Occasionally, no refund or credit is available for a specific program or service, which may include deposits for registration or rentals. Information on any specific exceptions is available from recreation staff prior to payment or purchase.

## Advisory Council

The Meadowbrook Advisory Council is looking for new members. Meeting are held one evening each month to discuss program development, policies and financial issues. Citizen participation is vital to the continued success of our programs.

**Meetings are 7 – 8:30 pm on the second Thursday of the month.**

## Anti-Discrimination

As a matter of policy, law, and commitment, the Seattle Department of Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental or physical handicap (Seattle Municipal Code 18.12.280)

## ADA Compliance

Reasonable accommodation will be made on request for persons with disabilities. For sign language interpretation, auxiliary aids or other accommodation, call 386-1921 or TDD only 233-7061. If a class or activity is scheduled in an area that is not barrier-free for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

## Customer Service Office

For information about other Seattle Parks and Recreation facilities, picnic shelters and recreational programs, please call customer service at 684-8021.

## Facility Rentals

The Meadowbrook Recreation Complex is available to be rented for weddings, parties, and meetings. If you are interested in rental information, please call 206-684-7522.

## Easy Reference Phone Numbers

<b>Parks and Recreation Info Line .....</b>	<b>(206) 684-4075</b>
<b>Ballard Community Center .....</b>	<b>(206) 684-4093</b>
<b>Bitter Lake Community Center .....</b>	<b>(206) 684-7524</b>
<b>Green Lake Recreation Complex .....</b>	<b>(206) 684-0780</b>
<b>Laurelhurst Community Center .....</b>	<b>(206) 684-7529</b>
<b>Loyal Heights Community Center .....</b>	<b>(206) 684-4052</b>
<b>Ravenna-Eckstein</b>	
<b>Community Center .....</b>	<b>(206) 684-7534</b>
<b>Ballard Swimming Pool .....</b>	<b>(206) 684-4094</b>
<b>Evans Swimming Pool .....</b>	<b>(206) 684-4961</b>
<b>Helene Madison Swimming Pool .....</b>	<b>(206) 684-4979</b>
<b>Green Lake Small Craft Center .....</b>	<b>(206) 684-4074</b>
<b>Summit .....</b>	<b>(206) 252-4500</b>
<b>John Rogers .....</b>	<b>(206) 252-4320</b>
<b>Meadowbrook Community Council .....</b>	<b>(206) 363-2206</b>
<b>S.P.I.C.E. ....</b>	<b>(206) 366-7819</b>
<b>Nathan Hale High School .....</b>	<b>(206) 366-7800</b>

## Volunteer Opportunities

*Meadowbrook has many volunteer opportunities for the community. All you need to do is call the center and tell us what you are interested in doing. We will have you come in and meet the staff and arrange days and times as well as fill out the appropriate paperwork. It takes approximately two weeks to process paperwork, so please plan accordingly.*

### Coach a youth Sport

We offer several different sports for youth during Fall and Winter. We have Girls Volleyball, Flag Football and Basketball. Coaches, please call us as soon as possible to find out the dates and times of the coaches meetings.

### Help out at a Special Event

We can always use an extra hand at our special events! You could help put candles around the pond, run a game at the carnival, or stand behind a door for Trick or Treaters. Peruse our brochure, see something that interests you, then give us a call and we will happily sign you up as a volunteer.

### Join our Advisory Council

The Meadowbrook Advisory Council is always looking for new members. You can help by participating on special committees or coming up with new ideas for fundraisers and community events. Call the center to find out when the next meeting will be held.

### Teach a class or organize a Special Event

We are always looking for new class and special event ideas. If you have a special interest that you would like to teach, please contact us.



# **FAMILY CENTER**



## **A Fond Good-bye from Meadowbrook Family Center Staff**

Children's Home Society of Washington (CHSW) has been honored to operate the Meadowbrook Family Center at Meadowbrook Community Center for the past six years. It has been a privilege for our Family Center services to grow along with thousands of families in the community. It is with regret that CHSW announces that we will close our operation of the Family Center at Meadowbrook effective June 30, 2003. The primary funding we have received to operate the Meadowbrook Family Center has been provided by the City of Seattle. Due to budget constraints and other factors, the City of Seattle has reduced the total amount of funding available to operate Family Centers in the northern part of the City.

At CHSW, we had hoped to generate additional revenue to maintain our ability to operate the Meadowbrook Family Center. However, with the current fiscal climate, we are not able to do so. Our nation and state faced serious economic challenges last year. This year the State of Washington has hit a serious economic downturn. Both state revenue and federal revenue are down; at both levels, cuts to Human Services are being planned. Add to that the war with Iraq, and the result is an environment in which it is very difficult to maintain resources for services to children and families.

We want to make sure the children and families we have served continue to have access to critical services and resources. CHSW will continue to operate the North Seattle Family Center, located one mile north of the Meadowbrook Community Center at 3200 NE 125<sup>th</sup> St, Suite 2. The North Seattle Family Center offers a wide range of services and opportunities for family learning and connection—all similar and comparable to the services previously offered at this site. These services include PEPS (Program for Early Parent Support), English as Second Language classes, family activities, parenting education classes and support groups, information and referral services, and a family resource library. Additional services include a computer lab, and a WIC (Women, Infants & Children) program. For more information, please call North Seattle Family Center at (206) 364-7930, or stop by for a visit.

Family Centers provide an important resource to families throughout Seattle. There are currently 10 other Family Centers that receive funding through the City of Seattle. As the economy struggles to recover, there may be cuts to these and other family support programs. We encourage you to let your Mayor and City Council know how important Family Centers are to you.

Thank you for the opportunity to serve you and become a part of your family. We appreciate all the support you've given to help this center thrive. Our gratitude also goes out to the staff and Advisory Council of the Meadowbrook Community Center and Pool, to the many volunteers who gave their time and talents, and to all the community organizations, businesses and individuals whose support has been so vital to the operation of this center.

If you have any questions regarding our closure, or would like information about where you can go for programs like those you have attended at MFC, please call us at (206) 366-9256.

***We'll miss you all very much!  
The Meadowbrook Family Center Staff***



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# FAMILY CENTER

## May-June Family Center Programs

Office hours are Mon and Fri., 1-5, Tues and Thurs., 10-6, and Wed., 1-7.

*\*Office hours & programs may need to be adjusted as we close our operations.*

### Brain Play

**A parent-child group — children 0 – 2.**

**Fridays, 1-3PM, 4/25–6/6**

Learn what kinds of toys and activities you can do with your child to support learning. Using information gained from early childhood brain development research, we'll help you to better understand how your child grows and learns.

**Cost: Suggested donation \$4/session.**

**Please register.**

### Positive Discipline

**Friday, May 23<sup>rd</sup>, 1:00 – 3:00PM**

How can you make teachable moments out of those times when your child does something really frustrating? Let's talk about how to discipline in positive, educational ways.

**Cost: FREE! Child care available. Please register.**

### Toddler Nutrition & Dental Care

**Friday, June 27<sup>th</sup>, 1:00 – 3:00PM**

A Health Department Nutritionist will be here to talk about nutritious snacks, what causes cavities and when and how to start teaching your child how to brush.

**Cost: FREE! Child care available. Please register.**

### Mothers & More

**4<sup>th</sup> Tuesday, 7 – 9PM**

A support group for any mom who has altered her career path to care for her children. Call Diana at 206-365-6242 for information on dues and to register.

### Homework Help

**Wednesdays, 3:30 – 5:00PM**

Children 8 – 12 can receive help with their homework from one of our great volunteer tutors. Last day is June 11<sup>th</sup>.

**Cost: FREE!**

### Parent to Parent Group

**2<sup>nd</sup> Wed., 6:30 – 8:30PM**

A support and information group for parents raising children with disabilities or chronic health conditions. Call Jodi for more info. at 206-364-4645, ext. 121.

**Cost: FREE!**

### Talk Time

**Tuesdays, 1:00 – 2:30PM**

For limited English speakers. Practice speaking English. Learn more about U.S. culture. Last day is June 17<sup>th</sup>.

**Cost: FREE!**

### P.E.P.S.

**Thursdays, 1:00 – 3:00PM**

A support and activity group for parents and their children, 0-3 yrs old. Includes creative activities and educational discussions on parenting and family issues. Drop in – no registration required.

**Cost: FREE!**

### Imagination Station

**1<sup>st</sup> Thur., 10:30–11:30AM**

Encourage your child to discover a love for reading! We'll read books and talk about the stories, then sing songs, do fingerplays, art projects, and other fun activities. Recommended for kids 3 – 5.

**Cost: FREE!**

### Play/Create Time

**Thursdays, 10 – noon**

Each week, we plan a fun craft project for you and your child to do together.

**Cost: Suggested \$1 donation to help cover supply costs.**

### Computer Use & Tutoring

Drop by to use a computer or call to register for a tutoring session.

**Cost: FREE!**



# Meadowbrook Swimming Pool

10515 35<sup>th</sup> Ave NE, Seattle WA 98125  
(206) 684-4989 / TDD only (206) 233-7061



## Summer 2003

Monday, Wednesday, Friday	9:00AM-8:30PM
Tuesday and Thursday	9:00AM-9:30PM
Saturday	7:00AM-6:00PM
Sunday	closed

## Holiday Closures:

Friday, July 4, 2003  
Monday, September 1, 2003

## Professional Staff:

Janet Wilson	Coordinator
Thomas Hargrave	Asst Coord
Terry Welch	Pool Operator
Jody Bartee	PPT Cashier
<i>And a bunch of other really great people</i>	

## Fees & Admission Information:

Under 1 year	FREE
Youth ages 1-18	\$2.25
Adults ages 19-64	\$3.25
Senior Adults ages 65 and better	\$2.25
Special Populations	\$2.00
Water Fitness Classes	\$3.75/\$2.50 (Sr.)
Masters Workouts	\$375/\$2.50 (Sr.)

## Swim Tickets:

FAST Pass	\$45.00/\$35.00 (Sr, Youth, Spec Pop)
Recreational Punch Card	\$20.00 (\$22.00 value)
Fitness Punch Card	\$30.00 (\$33.00 value)

## Equipment Rentals:

Towels .....	\$0.50
"Just-a-shower" .....	\$1.00
Lockers .....	\$0.25

## Equipment Sales:

Goggles .....	\$4.50/sm & \$6.50/lg
Latex Caps .....	\$2.50
Rubber Caps .....	\$3.50
Silicone Putty .....	\$4.50
Mesh Slippers .....	\$6.50
Wave Webs .....	\$12.00

**All prices include tax**

## Recreational Swimming

### Adult Swim

<b>Mon-Sat</b>	<b>Noon-1:30PM</b>
<b>Tue &amp; Thurs</b> (Ticket Required)	<b>9:00-10:00PM</b>
<i>Adult/Senior Swim:</i> Half of the pool is set up with lanes for lap swimming. The other half is available for less structured swimming.	

### Lap Swim

<b>Monday – Friday (EMLS)</b>	<b>6:00-7:30AM</b>
<b>Mon/Wed/Fri/Sat</b>	<b>5:30-6:30PM</b>
<b>Saturday</b>	<b>7:00-8:30AM</b>
<i>Early Morning Lap Swim:</i> (EMLS) 3 doublewide lanes (slow, medium, and fast). No cashier on duty, a swim ticket is required.	
<i>Lap Swim:</i> 4 single wide lanes and 1 double wide lane for slow lap swimming.	

### Pool Playland

<b>Mon &amp; Fri</b>	<b>10:00 – 11:00AM</b>
A "gentle" public swim featuring water toys like the little slide and noodles. Especially suited for younger kids and their big people.	

### Family Swim (with lap lane available)

<b>Tues and Thurs</b>	<b>7:00-8:00PM</b>
<b>Saturday AM</b>	<b>9:30-10:30AM</b>
<b>Saturday PM</b>	<b>4:30-5:30PM</b>
Fun for the whole family! An excellent time to play. An adult must accompany children into the pool. Flo-tation aids and toys are allowed in the shallow end of the pool.	

### Double Digits (Teen) Swim

<b>Fridays</b>	<b>4:00-5:00PM</b>
Calling all kids 10 – 18 years old! We've got the low dive, high dive, rope swing, water basketball and more!	

### Public Swim

<b>Monday-Friday</b>	<b>1:30-3:00PM</b>
<b>Monday &amp; Family Fun Friday</b>	<b>7:30-8:30PM *</b>
<b>Saturday (w/ lap lane)</b>	<b>1:30-3:00PM</b>
Great swim for school age kids! Requirements: swimmers must be at least 6 yr. old, over 4 ft. tall or accompanied by an adult. Not all float toys allowed.	
<b>*Deep end closed</b>	

The City's budget for 2003 has been adopted. Because of a \$63 million shortfall in General Fund revenues, Seattle Parks and Recreation must absorb \$5 million in reductions, and some user fees will go up. For swimming pools, the adopted budget includes for 2003 the slightly higher fees we proposed for 2004. For the complete list of fees, please visit our website at [www.cityofseattle.net/parks](http://www.cityofseattle.net/parks), and under "2003-2004 Budget," click on "Fees and Charges."

# Water Fitness Classes

## Deep Water Exercise for Seniors

**\$3.25 Adult/\$2.25 Sr. Adult**

**Mon/Wed/Fri**

**11:15AM - Noon**

We call this “exercise that feels good”. A deep water class using resistance/flotation equipment.

## High Energy Deep Water Exercise

**\$3.25 Adult/\$2.25 Sr. Adult**

**Mon/Wed/Fri**

**7:30-8:15PM**

**Saturday**

**8:30-9:15AM**

A deep water class using resistance/flotation equipment. Tone and strengthen those muscles without impact on your joints! Increase your endurance! Or speed recovery from injury Great class with great music

## Water Aerobics

**\$3.25 Adult/\$2.25 Sr. Adult**

**Tue & Thurs**

**8:00-9:00PM**

Exciting water routines that build strength and burn fat. From the senior adult to the pregnant mom, the water reluctant to the tri-athlete, this unique union of water and aerobics allows you to exercise at your own comfort level.

## Adapted Water Exercise

**\$3.25 Adult/\$2.25 Sr. Adult**

**Tue & Thurs**

**11:15 - Noon**

Low impact aerobics to big band and classical music. Great for folks wanting to stretch and move with comfort and assistance from the pool.

## Masters Work Out

**\$3.25 Adult/\$2.25 Sr. Adult or Youth**

**Mon/Wed/Fri**

**6:30-7:30PM**

Let our experienced instructor/coach lead you through a structured workout designed to get you in shape, stay in shape, or prepare you for that important swim meet in your future. Workouts accommodate all speeds by varying lanes. Expect to swim *at least* 3,000 yards!

## Triathlon Training Class for Swimmers

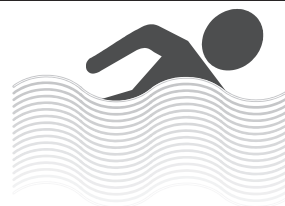
**\$4.00 Adult\***

**Fri June 27 – Aug 15**

**5:00 – 5:30PM**

We're willing to go the extra mile for you. We have many experienced instructors to help you achieve your goal and help you succeed.

\*see page 21 to register



## Things to know

- Dimensions: 75ft x 44ft
- Water temperature: 85 degrees F
- Depth Range: 3 – 12ft
- 72 lengths = 1 mile
- Street shoes are not allowed on the pool deck
- Served by Metro bus route #65
- Pool lift and portable steps for our non-ambulatory patrons
- Two ADA accessible Family Changing Rooms available.
- Children 6 years and older must use the appropriate gender locker room
- Please use the recycling containers or garbage cans located in the lobby, locker rooms and deck.
- Absolutely no glass
- A child younger than 6 years old or less than 4 feet tall must have an adult with them at all times in the water.

*We accept MasterCard & VISA and American Express.*

# SWIM CLASS DESCRIPTIONS

## Tot Lessons (birth to 4 years)

This series of lessons helps introduce you and your child to the swimming pool. Emphasis is placed on your child learning to relax and become comfortable in this new environment.

## 3 Year Old Lessons

Small classes with a certified instructor to start your child learning basic skills and water safety. Maximum 3:1 student to teacher ratio. Prerequisite: at least one session of Tots.

## Kinder Lessons

Designed to teach the basic skills of swimming and water safety to ages 4 – 5. This class helps build your child's confidence and provides a solid foundation for more advanced classes.

## Youth Lessons

We use programs designed by the American Red Cross and modified slightly because we have found it provides a steady progression of swimming classes for youth ages 6-17 that will build skills, teach safety and encourage fitness.

We offer a station method of learning where youth progress through a series of levels.

If you are not sure what level your child should be in please sign up for a Level I – III time slot and we will evaluate your swimmer on the first day of class.

**Levels I – III** is called stroke readiness. When your child receives their first Red Cross card they will be proficient at crawl stroke & back stroke and comfortable in deep water.

**Level IV** is called Stroke Development and youth learn Elementary Backstroke

**Level V** is called Stroke Refinement and requires swimmers to be proficient at sidestroke before moving on.

**Level VI** is called Skill Proficiency and students need to be skilled at breaststroke before moving on.

**Level VII** is the last level and is called Advanced Skills. Now kids finish up with butterfly and personal safety skills and other rescue techniques.

## Special Populations

Small or individualized classes for patrons with special needs. We have comfortable pool lift and portable steps available for non-ambulatory patrons. For additional Special Populations programs call 684-4950.

## One to One Swimming Lessons

One student: ½ hr. / \$18.00

Two students: ½ hr. / \$30.00

Private lessons are offered weekday afternoons at 3:00pm or Saturday afternoons at 3:30. Space is limited. Three classes minimum when signing up. Registration begins during Walk in Registration on Tuesday, June 16, starting at 4:00pm.



Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for **FREE** swimming lessons for all **3<sup>rd</sup> and 4<sup>th</sup>** grade students enrolled in **Seattle Public Schools**. The **FREE** swim lesson program is available for the first time beginner as well as the more advanced swimmer.

**For “Learn to Swim” information,  
please call your local  
Seattle Parks and Recreation swimming pool**

**Or visit the web  
[www.cityofseattle.net/parks/aquatics/  
learntoswim.htm](http://www.cityofseattle.net/parks/aquatics/learntoswim.htm)**



## STEPS TO REGISTER FOR SPRING QUARTER SWIMMING LESSONS

Priority Registration for current participants will be held the week of June 9 – 14. Parent will be able to register their children on their last day of class for any set of lessons that takes place during the summer sessions. We request that children are signed up for one class per session until after open registration has occurred.

Open Registration for New Participants will be In-Person only on June 16 from 4:00 – 7:00pm.

**In-Person or Phone-In registration will start June 17 from 12:30 – 7:30 and will continue during those hours, Mon – Fri, until full.**

SWIMMING POOL LESSON SCHEDULE SUMMER 2003					
Class	Day	Time	Date	# of Classes	Fee
<b>Session 1</b>					
<b>Tots</b> (Parents and tots)	Tuesday	6:30	June 24 - Aug 19	9	\$36
	Wednesday	11:30	June 25 - Aug 20	9	\$36
	Thursday	6:30	June 26 - Aug 21	9	\$36
	Saturday	11:30	June 28 - Aug 23	9	\$36
<b>3 Years Old</b>	Wednesday	11:00	June 25 - Aug 20	9	\$54
	M/W	5:00	June 23-July 16	8	\$48
	T/Th	5:00	June 24 - July 17	8	\$48
<b>Kinders</b> (4 and 5 year olds)	Monday	4:30	June 23 - Aug 18	9	\$36
	T/Th	6:00	June 24 - July 17	8	\$32
	T/W/Th	9:40	June 24 - July 10	9	\$36
	T/W/Th	4:30	June 24 - July 10	9	\$36
	Saturday	10:30	June 28 - Aug 23	9	\$36
<b>Youth: Levels 1-4</b> (6 years old and up)	Monday	4:00	June 23 - Aug 18	9	\$36
	T/W/Th	10:15	June 24 - July 10	9	\$36
	T/W/Th	4:00	June 24 - July 10	9	\$36
	T/Th	5:30	June 24 - July 17	8	\$32
	Saturday	11:00	June 28 - Aug 23	9	\$36
	Saturday	4:00	June 28 - Aug 23	9	\$36
<b>Youth Level 4-7</b> Child must pass L3	Monday	5:00	June 23 - Aug 18	9	\$36
	T/W/Th	5:00	June 24 - July 10	9	\$36
	T/Th	6:30	June 24 - July 17	8	\$32
	Saturday	11:30	June 28 - Aug 23	9	\$36
<b>Special Populations</b>	Saturday	3:00	June 28 - Aug 23	9	\$36
<b>Private Lessons</b>	1:1 M-F	3:00	Min of 3	see previous pg	
	1:1 on Sat	3:30	Min of 3	see previous pg	
<b>Adults</b> Adult Triathlon Training	Wednesday	7:30-8:00	June 25 - Aug 20	9	\$36
	Friday	5:00	June 27-Aug 22	9	\$36
<b>Session 2</b>					
<b>3 year olds</b>	M/W	5:00	July 21 - Aug 13	8	\$48
	T/Th	5:00	July 22-Aug 14	8	\$48
<b>Kinders</b>	T/Th	6:00	July 22 - Aug 14	8	\$32
	T/W/Th	9:40	July 15 - July 31	9	\$36
	T/W/Th	4:30	July 15 - July 31	9	\$36
<b>Youth 1-4</b> (6 years old and up)	T/W/Th	10:15	July 15 - July 31	9	\$36
	T/W/Th	4:00	July 15 - July 31	9	\$36
	T/Th	5:30	July 22 - Aug 14	8	\$32
<b>Youth 4-7</b>	T/W/Th	5:00	July 15 - July 31	9	\$36
	T/Th	6:30	July 22 - Aug 14	8	\$32
<b>Session 3</b>					
<b>Kinders</b>	T/W/Th	9:40	Aug 5 - Aug 21	9	\$36
	T/W/Th	4:30	Aug 5 - Aug 21	9	\$36
<b>Youth 1-4</b>	T/W/Th	10:15	Aug 5 - Aug 21	9	\$36
	T/W/Th	4:00	Aug 5 - Aug 21	9	\$36
<b>Youth 4-7</b>	T/W/Th	5:00	Aug 5 - Aug 21	9	\$36

\*Pool closed on July 4

All classes are 1/2 hour long

# SPECIAL EVENTS AT THE POOL

## Dive-In Movies at the pool!

**Adults \$3.25/Youth \$2.25**

**Shows start at 7:30 and end at 9:00pm**

Swims will feature youth and family oriented films on "The Big Screen". Enjoy the film as you float around the pool. Bring your best water floats or borrow ours for the night!

## **Family Feature: Wallace & Gromit Film Fest**

Friday June 20 – 7:30-9:00PM

**Teen Feature: Joe's Apartment . . .** Don't miss the singing cockroaches water ballet!

Friday August 8 – 7:30-9:00PM

## **Wacky Water Games Where Everyone Wins!**

Monday, June 23      7:30 – 8:30PM

Let's kick off summer with some fun games to play in the pool. We'll focus on having a good time and team work rather than who is "it" and who "wins" because with these games.....Everybody wins!

## **Art-On-Deck presents**

### **Wonderful Water Techniques**

Friday, July 25      7:00 – 8:30PM

Before you get wet we'll set the deck up for you to make some cool stuff with paper, water, chalks, special inks and glittery powders. You'll love what you can create with our Wonderful Water Techniques. Your creations will dry while you swim so don't forget to pick them up when you're done!



## **Join the Rocket Turtles Summer Swim Team!**

**\$75.00**

Summer Swim League is a novice program that is sponsored by The Seattle Department of Parks and Recreation. The goal of the program is for kids to learn about swim team, competition, and sportsmanship, making friends and getting to swim A LOT! The minimum swimming requirement is the ability to swim one length (25 yards) of the pool using any of the 4 competitive strokes.

Age requirement is for 7 – 18 year olds.

### **Practices are:**

Monday – Friday 7:30 -8:30 ages 11 and up

Monday – Friday 8:30 – 9:30 ages 10 and under.

### **Swim Meets are:**

Friday, July 11 at Evans Pool

Friday, July 18 at Meadowbrook (vs. Ballard)

Sat, July 26 North Division at Madison

Sat, Aug 2 All City Championships at Madison



## **POOL PARTY!**



**Super Deluxe Pool Parties...** You bring the kids and the cake, we'll do the rest! Our most popular package for 10 kids includes pool games and water fun for one hour and a hour lobby party with help from our "party guards", really cool goodie bags, table cloths, party plates, napkins, forks and juicebox for each child. \$202.00.

Additional participants are only \$8.00 per child.

**Times offered: Sundays  
beginning at 12:00 noon**

**For more information please come by or call 684-4989 between 10:00 am - 8:00 pm Monday - Friday**

**Do-it-yourself Parties...** Prices start at \$89.50 for a one-hour party for 30 kids or less. This price includes 2 certified lifeguards and 15 min. showering time at the end of your swim. Our most popular party is \$129.50 for a one-hour in the pool and a one-hour lobby party for 30 kids or less. This includes use of tables and chairs and various pool toys. User is responsible for the clean up.

**Times offered: Saturdays after 6:30PM and  
Sunday beginning at 12:00 noon**

# Come to Meadowbrook and Join in the Fun!!



## End of Summer Bash

Friday, August 22 • 6:00 pm – 8:30 pm • Free  
Join us for an end of summer celebration . . . Swimming,  
live music, entertainment, dancing . . . the works!

*It's fun for the whole family.*



## MUSIC AT MEADOWBROOK

### Gary Stroutsos Flute Concert

July 25 • 7:00 pm

Gary, a local neighbor, will share his talent at a concert at the Meadowbrook Pond. Gary has produced over ten albums and has been featured on NPR. All are welcome to attend this evening of exceptional music.

### Carol Crowell Pond Concert

August 8 • 7:00 pm

Carol Crowell will be playing a collection of popular tunes on her flute. She has been playing since childhood, when she started by playing the coke bottle in the back of her father's car.

### Obon Matsuri Concert

August 15

The Meadowbrook Community Center will offer the 3<sup>rd</sup> annual Obon Matsuri Concert. There will be a variety of demonstrations of Japanese cultural arts. This program is open to the whole family and will be held in the Meadowbrook Gym.

**Donations are appreciated**

